

Strength Training for Triathlon
Strength Maintenance (SM) Phase
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Purpose: Maintain muscular strength.

Frequency: 1-2 times per week.

Equipment: Either free weights or machines.

Load/Resistance: First two sets at about 60% of 1RM (moderate load). Third set is about 80% of 1RM. This should be the heaviest load possible for 6-12 reps. When you can do 12 reps on third set, add more weight. It's OK to initially estimate loads and then adjust them as you progress, but start conservatively. (Note the exceptions under "Exercises," below).

Sets: 2-3 **Reps:** 6-12 (12 on each of first two sets. These will seem easy. Last set is 6-12 at a maximum effort.)

Recovery between sets: 1-2 minutes.

Important: During recoveries stretch muscle group just worked before starting next exercise.

Speed: Slow-Moderate.

Progression: Do all sets of each exercise before progressing to the next.

Exercises: In order of completion...

1. Hip extension (squat, step-up, or leg press)
2. Seated row
3. Crunches/abdominals (choice of exercise, 20-30 reps with light load)
4. Personal weakness (hamstring curl or knee extension, 20-30 reps with light load)
5. Standing straight-arm lat pull down

Phase Length: Several weeks.

Warm-Up & Cool Down: Warm-up on stationary bike/trainer or by running easily for 5-10 minutes. Cool down for 5-10 minutes spinning at 90+ rpm in light gear/resistance. Do not run immediately following this workout.